



Paul Phillips IV, MD

Orthopedic Sports Medicine Surgeon

Hip, Knee, Shoulder, Elbow ■ Cartilage Restoration, Joint Preservation

■ www.paulphillipsmd.com ■

Physical Therapy Protocol – Quad or Patellar Tendon Repair or Patella Fracture ORIF

	Weight Bearing and ROM	Brace Use	Therapy*
Phase I 0-2 weeks	WBAT with crutches and brace at all times ROM- 0 degrees, keep in full extension	Locked in full extension, worn at all times.	<ul style="list-style-type: none"> • Straight leg raises, calf pumps
Phase II 2-6 weeks	WBAT with brace, wean off crutches Start ROM with therapist at 2 weeks 2-4 weeks: 0-45 degrees, active/assisted 4-6 weeks: 0-90 degrees, active/assisted	Brace at all times, remove for hygiene and therapy Locked in full extension until 6 weeks	<ul style="list-style-type: none"> • Heel slides, quad sets, straight leg raises, calf pumps • Weight bearing calf raises
Phase III 6 – 12 weeks	WBAT with brace until 8 weeks 6-12 weeks: slowly progress to full ROM as tolerated with therapist	6 weeks: adjust brace , set motion limits 0-60 degrees 7 weeks: adjust brace , set motion limits 0-90 degrees Discontinue brace at 8 weeks	<ul style="list-style-type: none"> • Closed chain strengthening • Proprioception exercises • Core, hamstring, quad, hip, gluteal strengthening • Begin stationary bike at 8 weeks • No weight bearing with knee flexion >90 degrees until 8 weeks
Phase IV 12– 20 weeks	WBAT 12 weeks: full ROM	None	<ul style="list-style-type: none"> • Advance Phase III exercises • Single leg balance activities • Swimming okay at 12 weeks • Sport specific drills, running/jumping after 20 weeks

*Modalities per therapist including electrical stimulation, ultrasound, heat (before), ice (after).